

Gynae Oncology Clinical Nurse Specialists

Care after Endometrial Cancer (Womb)

Providing support for patients and their families

You have now completed your cancer treatment and have agreed to Patient Initiated Follow-Up (PIFU) as discussed with your consultant at your post treatment follow up appointment.

This leaflet has been written to help you decide when (or if) you need to get in touch with the Gynae Cancer Nurse Specialist and how she can be contacted.

How to contact the Gynae Cancer Nurse Specialist

Available Monday - Friday direct telephone number: **01273 664455**
If you leave your name and telephone number we aim to return your call within 48 hours or on the next working day if you phone on the weekend or a bank holiday.

If any of your personal details change, please return the change of personal details form to the name and address stated at the bottom of it. If you are unable to find your form please contact your Nurse Specialist.

When should I contact the Gynae Cancer Nurse Specialist?

You should phone if you have symptoms that may indicate that the cancer has returned or if you are experiencing ongoing problems following your treatment that you may need help with.

The following list contains some of the more common symptoms people get if their cancer comes back. However, it is important to remember that most people will not experience any of these symptoms and that even if you have all of them it does not necessarily mean the cancer has returned.

If you get any of the following symptoms for no apparent reason and they last for more than a few days, please phone your Gynae Cancer Nurse Specialist for further advice:

- Bleeding from the vagina (front passage)
- Bleeding from the rectum (back passage)
- Bleeding after sexual intercourse

- Bowel changes e.g. diarrhoea or constipation
- Problems with passing water
- New aches and pains or lumps in your abdomen
- Vaginal discharge
- Weight loss without dieting or exercise
- Feeling generally unwell
- Leg swelling.

Recovering from cancer

Sometimes emotional recovery after treatment does take time. It is normal to have 'up' and 'down' days for a while afterwards. The Gynaecology Cancer Nurse Specialist or your GP will be happy to help you with the following issues:

- Low mood/depression/feeling isolated
- Sexual and relationship matters
- Financial concerns
- Any other major concern related to your diagnosis/treatment.

There is a counselling service available for you to access and your Nurse Specialist can arrange this.

When should I see my General Practitioner (GP)?

It is important to remember that you will still get coughs, colds, aches and pains just like anybody else. If your GP is concerned about your symptoms, they can contact your Gynae Cancer Nurse Specialist who can arrange for you to be seen.

What will happen after I have phoned?

One of the following will be suggested:

- A clinic appointment
- A visit to your GP
- Reassure you that nothing further is needed.

A record of your call will be kept for future reference.

Telephone numbers for the Macmillan Gynaecological Nurse Specialists at BSUH NHS Trust

Macmillan Gynaecological Nurse Specialists: 01273 664455.
Macmillan Administrator and Support Worker: 01273 664693

Alternative telephone numbers and websites:

Macmillan Cancer Support:

0808 808 0000 (Monday – Friday, 9am-8pm. Freephone).

Website: www.macmillan.org.uk

Information Prescriptions: www.nhs.uk/ips

Macmillan CAB Welfare Benefits Advice Service:

West Sussex 01903 532234 East Sussex 01323 635989

Ovacome (National support for ovarian cancer patients):

0845 371 0554. Website: www.support@ovacome.org.uk

Jo's Trust, Fighting Cervical Cancer: 0808 802 8000

Website: www.jostrust.org.uk.

V.A.C.O (Vulval Awareness Charity Organisation):

0161 747 5911. Website: vaco.co.uk

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি।

如你唔明白本單張的內容，我們可安排口譯員服務。

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اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.



carer and patient information group approved

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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